

Psychological disorders can affect persons of any age, race, sex, religion, or income.
(Pre-lecture Instructor's Guide)



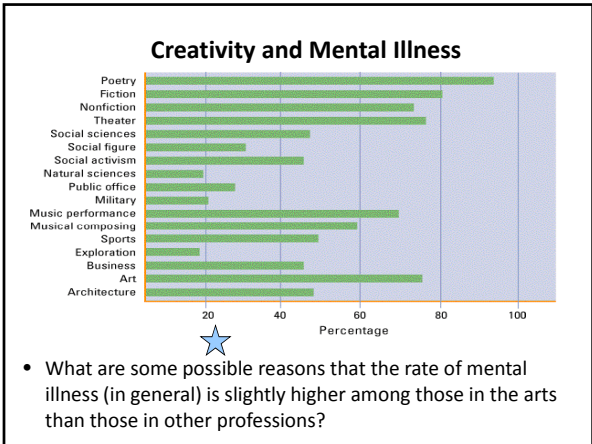
Mental illnesses are not the result of a personal weakness, lack of character, or poor upbringing.

Why should I care?

- Because understanding of mental health issues brings awareness to the community and our surrounding _____.
- We will become a society that is accepting of others who do not fit our idea of a perfect population.

Myths of Mental Illness

- Mental illness is caused by bad parenting.
Fact: Most diagnosed individuals come from supportive homes.
- The mentally ill are violent and dangerous.
Fact: Most are _____ of violence.
- People with a mental disorder are not smart.
Fact: Numerous studies have shown that many have average or above average intelligence.



Availability Heuristic

- We make a judgment based on what we can remember, rather than complete data. In particular, we use this for judging the frequency or likelihood of events. Various factors can affect availability.
 - MORE NAMES FOR MEN
 - FEMALE NAMES WERE MORE CURRENT
- High profile or stereotypic views of persons with mental illness are often the EXCEPTION, not the rule.

Defining Normal and Abnormal

- **A Psychological Disorder is a condition in which a person's thoughts, feelings, or behavior is judged to be _____.**
 - **Three criteria**
 - The person experiences significant pain or distress.
 - Their behavior deviates from acceptable behaviors for that society.
 - Their everyday behavior is maladaptive.

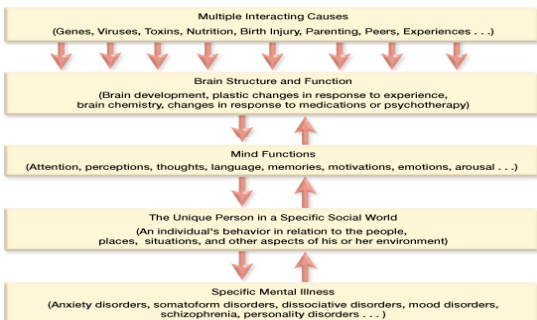
Psychological Disorders: 4 Models of Abnormality

- _____ Model
 - Mental disorders are caused by biology and can be treated medically
 - Historical: Hippocrates' (460 BC) four humors (Imbalances of bodily fluids)
 - Yellow bile, Phlegm, Blood & Black bile.
 - Modern: Brain treatment
 - drugs, brain surgery, etc.

Models of Abnormality

- _____ Model
 - Mental disorders are caused and maintained by one's life experiences
 - Death of mother before age 7 doubles risk of depression
- _____ Model
 - Psychological disorders are influenced by culture
 - Poor and unemployed are more often depressed
 - US, troubled teenagers get into fights, take drugs
 - Thailand, troubled teens sulk, go quiet & sleep
 - Eskimos experience *Pibloktoq*: intense excitement followed by seizures and 12 hr coma.
 - *Anorexia nervosa* is uniquely Western.

"Synthetic Model" of Mental Illness



Common Psychological Disorders

Disorder	Frequency	Male: Female
Substance abuse	5%	More common for men
Anxiety disorders	19%	About 2:3
_____ disorders	7-18%	About 1:2
Antisocial personality	1-3%	More men than women
Schizophrenia	< 1%	

Psychological Disorders: Diagnosis

- **Diagnosis**
 - The process of identifying and grouping mental disorders with similar symptoms
- _____
 - Acronym for the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders (4th Edition)*
 - Originally 1952 with 60 disorders – today 410
 - Beware medical students' syndrome (availability heuristic)

Five Axes

- Axis I – Clinical Syndromes
- Axis II – _____ Disorders or Mental Retardation
- Axis III – General Medical Conditions
- Axis IV – Psychosocial and Environmental Problems
- Axis V – Global Assessment of Functioning

Anxiety 1: _____ disorder

- Acute fear, helplessness, hopelessness
- Periods of acute terror
- Shortness of breath, irregular heartbeat, unreality, clammy sweat – feel like going to die
- Anticipatory anxiety – fear of having attack.
 - Attacks are embarrassing, prefer to avoid situations
- 31% men: 19% women
- Medical Model
 - Appears to be inherited
 - Treatable with drugs
- Psychological model
 - 1st attack usually occurs after severe illness or other trauma & become anxious around cues associated with that event

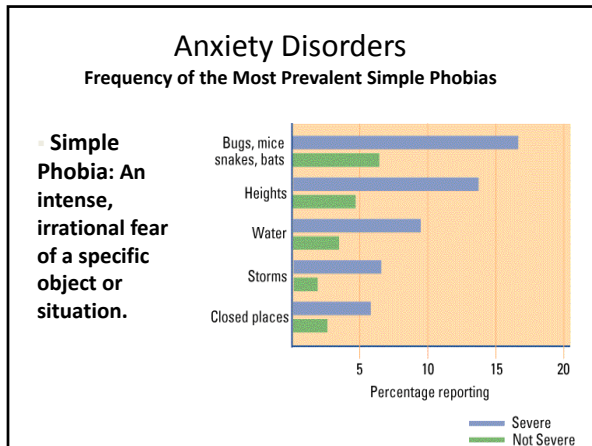
Anxiety 2: _____ Anxiety Disorder

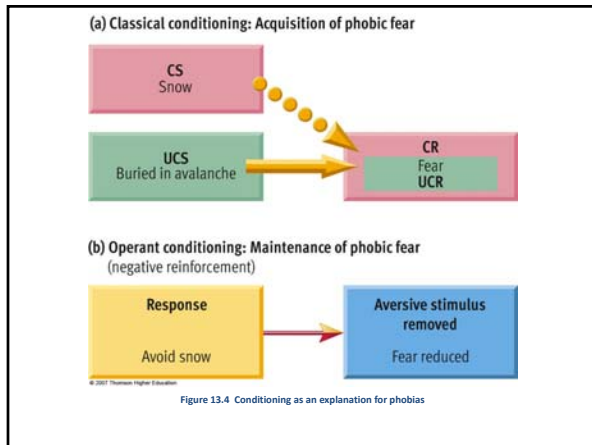
- ☞ Free floating anxiety evoked by nothing in particular
- ☞ Causes difficulty making decisions
- ☞ The “common cold” of psychiatry



Anxiety 3: _____ disorders

- Fear of...
 - Agoraphobia – open spaces
 - Social phobia – other people
 - Specific phobias – fear of snakes, spiders, darkness, heights, etc.
- Learned via classical conditioning or vicarious conditioning
- Biological basis – more likely to fear snakes than cars



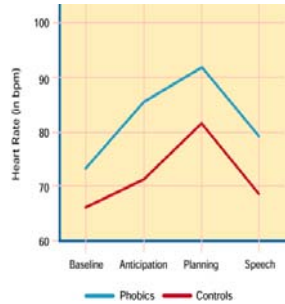


Anxiety 4: Obsessive-compulsive

- _____ – thoughts that will not go away - *dirty*
- Compulsions – behaviors one must keep performing – *washing hands*
- Compulsive behavior defends against anxiety – typically cleaning
- Obsessions – fear/uncertainty/doubt – Anxiety will do something terrible (rarely do) - *have heart attack, wet self*

Anxiety Disorders Phobias I

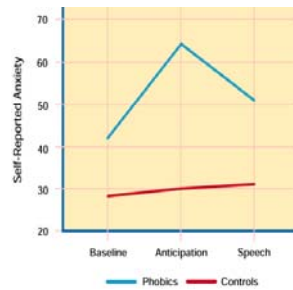
- **Social Phobia**
 - An intense fear of situations that invite public scrutiny
- Socially phobic and non-phobic adults prepared a speech. Both groups showed increased heart rate in anticipation of the speech, but those with social anxiety react more strongly.



Learning Objective 3

Anxiety Disorders Phobias II

- However, only those with social phobia reported feeling more anxious.



Anxiety Disorders Influences

- Three findings from cross-cultural comparisons are:
 - Anxiety is universal and is exhibited by the same bodily reactions.
 - Culture influences the cognitive component of anxiety, i.e., what people worry about and their beliefs about the causes of it.
 - Treatment needs to acknowledge cultural diversity.

_____ Disorders

- **Somatization Disorder**
- **Conversion Disorder**
- **Hypochondriasis**
- Etiology of somatoform disorders
 - Cognitive factors
 - Personality factors
 - The sick role

Dissociative Disorders

- **Dissociative amnesia and fugue**
- **Dissociative _____ disorder**
 - Etiology
 - severe emotional trauma during childhood
 - Controversy
 - Media creation?

Mood Disorders

Major Depressive Disorder

- _____
 - Characterized by sadness, despair, feelings of worthlessness, and low self-esteem
 - Depression is universal.
 - Depression rates are on the rise.
 - Women are 2x more likely to seek treatment
 - Some people get depressed on a seasonal basis. [Seasonal Affective Disorder: SAD]
 - Depressive episodes often last only a few weeks.
 - Dysthymic Disorder: Chronic state but not severe enough to be classified as major depression

What is _____?

Depression is a medical issue that affects a persons mood to be down, blue and/or fed up.

Depression is the most common mood disorder, affecting approximately 20 million people each year.

Signs and _____ of Depression

- Fatigue or loss of energy
- Thoughts of death or suicide, including suicide attempts
- Feeling guilty, hopeless or worthless
- Difficulty concentrating, remembering or making decisions
- Persistent sad, anxious or empty mood
- Sleeping too much or too little; odd time of waking
- Reduced or increased appetite which results in weight gain or loss.
- Irritability or restlessness

Triggers

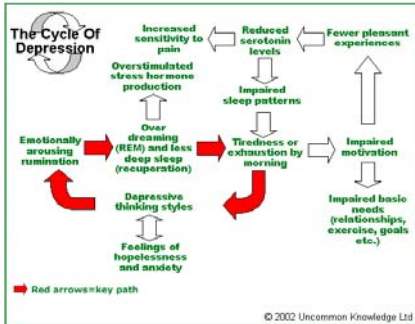
Evidence that some people have a genetic predisposition to major depression, but not everyone with a family history develops depression.

Some life event that may trigger episodes of depression:

- Death of a _____one
- Major loss or change
- Chronic stress
- Alcohol and drug abuse
- Heart disease and cancer
- medications



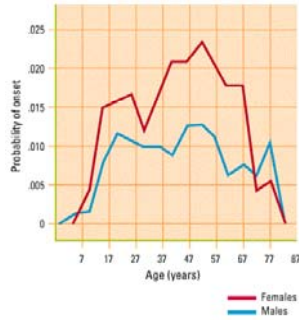
The Cycle of Depression



Mood Disorders

Depression: Ages of First _____.

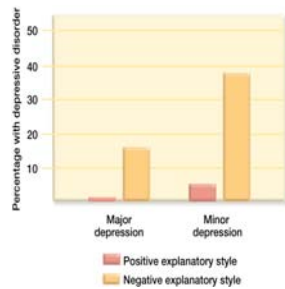
- Depression is seldom identified before adolescence.
- Rates of depression increase through adulthood.
- It is most commonly diagnosed in middle age.
- First onset of depression is rare among the elderly.



Mood Disorders

Styles and Depression

- Explanatory styles among first-year college students
- Two years later, those with a negative style (tendency to attribute negative events to factors that are internal, stable, and global) were more likely to experience depression.



Mood Disorders

The Vicious _____ of Depression

- Depression can lead to behaviors that cause social rejection, which worsens depression.

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    graph LR
      A[Biological causes] --> B[Depression]
      C[Negative life experiences] --> B
      B --> D[Social rejection]
      D --> C
  
```

Learning Objective 6

Mood Disorders & _____.

- Roughly one million people worldwide commit suicide each year.
- Women are three times more likely to attempt suicide but men are four times more successful.
- About 75% of suicides are committed by people who suffered from depression.
- The single best predictor is a sense of hopelessness.

What is Mania?

Mania is part of a condition called bipolar disorder, also known as _____.

Bipolar disorder usually causes a person's mood to alternate between symptoms of depression and mania, a heightened energetic state.

This mood disorder affects more than two million Americans.

Signs and Symptoms of Mania

- Increased physical and mental activity & energy
- Excessive irritability, aggressive behavior
- Decreased need for sleep; without experiencing fatigue
- Exaggerated optimism and self-confidence
- _____ speech and thoughts; flight of ideas
- Impulsiveness, poor judgment
- Reckless behavior: erratic driving, sexual indiscretions, spending sprees
- Grandiose delusions

Depression: Bipolar Disorder

- Formerly known as _____ Disorder
- One or more manic episodes followed by depression
- Mania: mood elevated to point of euphoria
 - Not as fun as it sounds
 - Can't sleep & need to get lots of things done
- Affects 1-2% of population, both genders equally
- Cyclothymic disorder
 - Bipolar disorder with chronic but relatively mild symptoms

What Causes Mania?



The Symptoms of Schizophrenia

- **Incoherent Thinking**
 - word salad
- _____
 - **False beliefs**
 - influence, e.g. thoughts broadcast in public
 - grandeur, e.g., President, King, etc.
 - persecution
- **Hallucinations**
 - **Sensory experiences that occur in the absence of actual stimulation**
 - auditory - voices

The Symptoms of Schizophrenia

- **Disturbance of Affect**
 - flattened – blank expression
 - exaggerated – laughing inappropriately, etc.
- _____ Behavior
 - Withdrawal
 - Parroting
 - Lack self-insight:
 - “Only sane person in a crazy world”

_____ of Schizophrenia


- **Disorganized**: Exhibit signs of illogical thinking and speech, lack personal hygiene
- **Catatonic**: Exhibit extremes in motor behavior
- **Paranoid**: Delusions or hallucinations often include extreme suspiciousness and hostility
- **Undifferentiated**: Do not clearly fit into a type
- **Residual**: Experienced prior episodes of schizophrenia but are not currently exhibiting symptoms

Types of Schizophrenia

- Symptoms
 - cognitive, emotional, and behavioral excesses.
 - hallucinations, delusions, thought disorders, and bizarre behaviors.
 - better prognosis
- **Negative symptoms**
 - cognitive, emotional, and behavioral deficits.
 - apathy, flattened affect, social withdrawal, inattention, and slowed speech or no speech.
 - worse prognosis

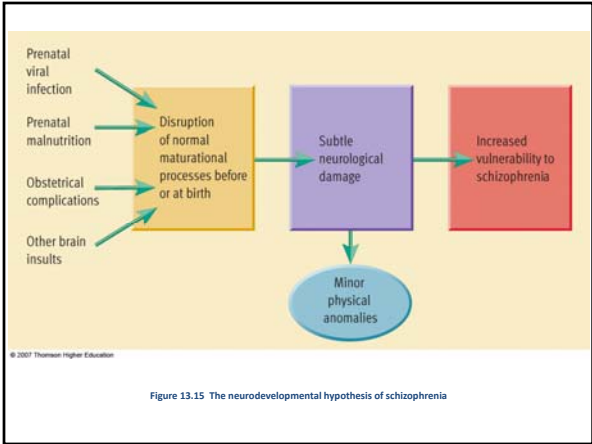
What Causes _____ ?

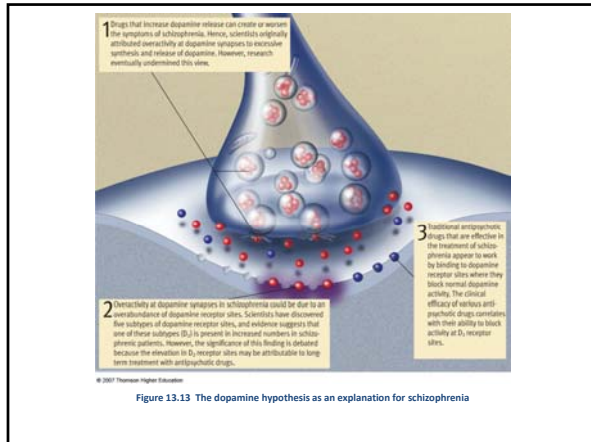
There is no one cause to this complex and puzzling illness, but it is believed that some combination of genetic, biological (virus, bacteria, or an infection) and environmental factors play a major role.

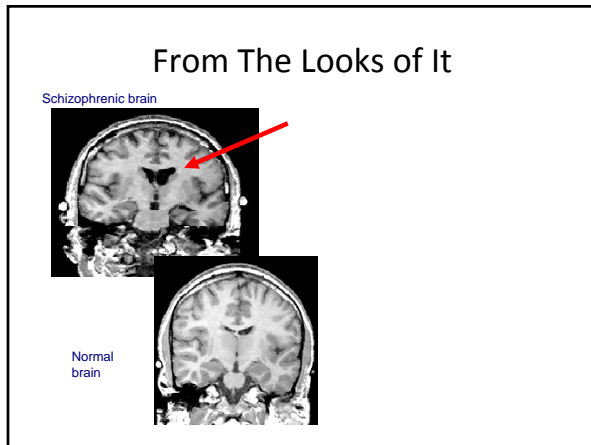


John Nash, a famous Schizophrenic. His life story made into a film, *A Beautiful Mind*.

There is currently no reliable way to predict whether a person will develop the disease.







Relationships and Schizophrenia

- The risk of developing schizophrenia in one's lifetime increases as the genetic relatedness to a person with schizophrenia increases.
- Why isn't risk for identical twins = 100? Why is it 2% for a spouse?

Relationship	Genetic relatedness	Risk
Identical twins	100%	48%
Offspring of two schizophrenic parents	100%	46%
Fraternal twins	50%	17%
Offspring of one schizophrenic parent	50%	17%
Sibling	50%	9%
Nephew or niece	25%	4%
Spouse	0%	2%
Unrelated person	0%	1%

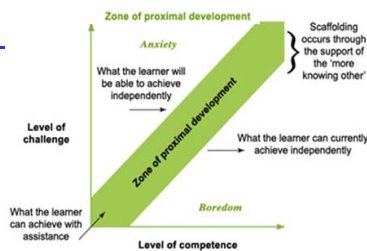


With all three of these illnesses, treatment, with the right combination of medications and/or therapy, can help stabilize the moods that interfere with a productive life.



Environmental Fit & Recovery

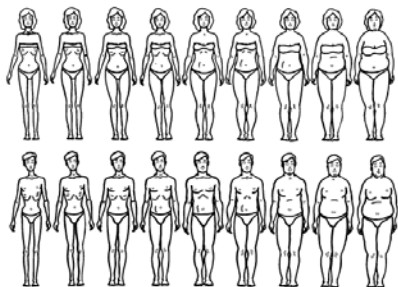
- We may operate on a continuum of mental health, and adaptive functioning is related to the “fit” between a person's resources and the demands of the environment.



Eating disorders

- Severe disturbances in eating caused by preoccupation with weight and unhealthy cognitions about eating
- **Anorexia nervosa**
 - Fear of gaining weight, Disturbed body image, Refusal to maintain normal weight, Taking dangerous measures to lose weight
- **Bulimia nervosa**
 - Habitually out-of-control overeating followed by unhealthy compensatory efforts (laxatives, exercise, vomiting)
- **Binge eating disorder**
 - Out of control over-eating but NO inappropriate compensatory behaviors

- Which image is your ideal for your gender?
Which is closest to your body?



Prevalence rates

- _____% of eating disorders are diagnosed in females, and anorexia accounts for about half of these cases; about 5 million in US have an eating disorder

